



Detailed evaluation

Gruhl, Uwe

Club: SG LVB Leipzig

Total time: 47:29

Running performance: 8:19 min/km

Course: 5.70 km / 11 Controls

Category:

H45

Rank in category: 23(of 36)

Best time in the category: 35:13

Behind: 12:16

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (31)	3:27	28	1:19	61.7	3:27	28	1:19	61.7
2 (42)	4:26	22	1:19	42.3	7:53	23	2:38	50.2
3 (33)	3:38	20	1:13	50.3	11:31	20	3:44	48.0
4 (34)	5:31	24	1:54	52.5	17:02	21	5:38	49.4
5 (44)	4:35	23	1:31	49.5	21:37	22	6:53	46.7
6 (37)	3:00	19	0:47	35.3	24:37	22	7:30	43.8
7 (38)	7:43	22	2:10	39.0	32:20	21	9:18	40.4
8 (31)	3:23	23	0:59	41.0	35:43	21	10:04	39.3
9 (39)	5:12	20	1:31	41.2	40:55	23	11:14	37.8
10 (48)	4:05	17	0:52	26.9	45:00	23	12:05	36.7
11 (100)	1:59	12	0:16	15.5	46:59	23	12:12	35.1
Finish	0:30	13	0:09	42.9	47:29	23	12:16	34.8